

## Foster Care (AK 96 -USDA 903)

<b>Explain to Participant Goal</b>	<p>You're enrolled in the WIC program today because you are caring for a foster child/infant.</p> <p>The goal is to assist in creating and maintaining a healthy home environment.</p>	
<b>Suggestions for Reducing Risk</b>	<p>Children enter foster care from unstable and potentially harmful home situations. These children may not have had appropriate and regular medical evaluations and they may have suffered abuse. Ask the caregiver if she has all the support she needs to care for the foster child. Refer this family to all relevant social services and ask whether this child/infant has had medical screening recently. This child should either have had a recent check-up or they should have an appointment scheduled.</p> <p>Evaluate nutritional risks according to the WIC Program guidelines and identify dietary goals. This child or infant may experience some eating difficulties as a result of the very big changes in her life. Let the new caregiver know that she can call you to discuss any feeding problems she encounters with this child/infant.</p> <p>Explain the nutrition education material suggested.</p>	
<b>Nutrition Education Material Suggested</b>	<p>“Hot Food Facts for Cool Kids” or Food for your Baby’s First Year</p>	
<b>Explain Applicable WIC Foods</b>	<b>WIC Foods</b>	<b>Nutrients Provided</b>
	Milk	Calcium, Vitamin A, Protein
	Cheese	Calcium, Vitamin A, Protein
	Eggs	Protein
	Beans or Peanut Butter	Protein, Iron
	WIC Juice	Vitamin C
	Cereal	Iron
	Carrots	Vitamin A
	Tuna Fish	Protein
	Salmon	Calcium, Vitamin A, Protein
	Iron Fortified Infant Formula	Calcium, Vitamins A & C, Protein, Iron
	Iron Fortified Infant Cereal	Iron
<b>Explain What the WIC Nutrients Can Do for You!</b>	<b>Calcium</b>	Keeps bones healthy. Helps muscles work. Helps blood clot. Helps control blood pressure.
	<b>Iron</b>	Carries oxygen in your blood to your muscles. Prevents anemia. Prevents infection.
	<b>Vitamin C</b>	Helps your body heal. Helps fight infections. Helps your body use the iron in the foods you eat.
	<b>Protein</b>	Makes up part of every cell in your body. Builds and maintains muscles and other tissues.
	<b>Vitamin A</b>	Helps keep your skin healthy and smooth. Helps you see at night.
<b>Materials with More Information</b>		